

**99 ESSENTIAL
WEIGHT LOSS
BLOGPOSTS**

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~ Using Psychology to Lose Weight ~

99 Essential Weight Loss Blogposts
So you can Start, Stick to it, Keep it off

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...strategies to use when you are about to blow your diet

99 ESSENTIAL WEIGHT LOSS BLOGPOSTS

from MariasLastDiet.com

SO YOU CAN
START, STICK TO IT, KEEP IT OFF

KENNETH SCHWARZ PH.D.

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THE WEIGHT LOSS PROCESS

What above all else will make it possible for you to lose weight? It's "getting yourself to do it." That's what.

"Getting yourself to do it" is a psychological course of action.

Think of the weight loss process as three separate phases: START, STICK TO IT, KEEP IT OFF.

The first phase is where you START your weight loss routine.

You might start by selecting a diet, which could be a commercial diet easily available through a book or a weight loss program. Or the diet you choose could be one you make up yourself. A diet, as you know, is really a food plan, a guide for what to eat and how much to eat in order to lose your unwanted weight.

Whatever dieting method or change in food consumption you choose, keep in mind that starting isn't just about food. Starting involves such psychological activities as readying yourself, being sufficiently motivated, becoming committed, fortifying your intention with plans, thinking of your goals and sub-goals, and much more.

The blogposts in the first section of the book all have to do with “getting yourself to do it” —start, that is. Just like everyone always says, it's important to make a good start to your day by having a substantial breakfast. It's also necessary to make a strong start to the weight loss process by filling yourself with what you need to start. As you read through the blogposts in the START section, you should pick up some solid answers to the question, “What do I need to do to make a good start on losing weight?” Always remember, it's not just about food. It's primarily about psychology—your psychology in particular—and “getting yourself to do it.”

STICK TO IT is the second phase of weight loss.

When you try to stick to your weight loss plan, you will see just how much mental and emotional “getting yourself to do it” is involved. Adhering to your weight loss plan requires setting goals, constructing sub-goals, and having success in reaching these goals. You will be working your plans, adjusting sub-goals, monitoring your thoughts and behaviors day in and day out.

In trying to stick to it, there will be barriers you have to overcome, and you'll need good ways to get around these

barriers and effective solutions to dismantle them. You will run up against many challenging conditions that test your resolve. Your moods, emotions, beliefs, thoughts, and behavior will all be tests for “getting yourself to do it.”

Sticking to it is such a significant factor that weight loss research has found it doesn’t matter what diet you go on. You can probably lose weight on any one of the diets available on the market. What matters more than anything else is whether or not you adhere to the particular diet or weight loss method you choose.

To “get yourself to do it,” you will have to get a handle on such things as personal balance, the impact of your beliefs on persistence, situation-specific reactions, preparing counterarguments, developing mental toughness, the value of self-awareness, and the need to disengage. This list of potential to-do’s goes on: dealing with regrets and self-criticism, eliminating out-of-control eating, doing something about cravings, making weight loss into a learning experience, getting rid of emotional eating, keeping up your motivation, and learning from diet cheats.

*Finally, there is the third phase,
the KEEP IT OFF phase.*

You will no longer be losing weight. Gone will be the safety net of a weight loss diet and the motivational satisfaction of losing weight. When you reach this phase, you will be at goal weight. It is your task now to integrate what you accomplished in the stick to it phase.

What you eat from this point on in the keep it off phase will be more up to you than in the other two phases of weight loss. Once again, psychology is an undeniably essential consideration. Food is certainly involved. But psychology, as always in weight loss, is the predominant factor. “Getting yourself to do it” in this keep-lost-weight-off phase involves such activities as preparing yourself for risky eating situations and more fully resolving the emotional reasons you had for running right to food.

The blogposts in KEEP IT OFF discuss the issues that are involved in maintaining your weight right where it is. There are blogposts on how you go about maintaining what you accomplished in the stick to it phase and using your accomplishments for keeping lost weight off in this new phase. There are blogs on how to practice keeping lost weight off before you even get to the maintenance phase itself. A number of blogposts are about preventing a return to old weight-gaining habits. These blogposts will give you some tried and true relapse prevention techniques.

There are KEEP IT OFF blogposts that delve into the differences between the stick to it and the keep it off phases and what these differences will require of you. You will also read about where your old behaviors go and how to make sure they do go. Do the old behaviors simply die out or fade away? Read and find out. And the last few blogposts are about what you can do to avoid acting rashly and impulsively.

There you have it in a nutshell, the three phases of the weight loss process: START, STICK TO IT, KEEP IT OFF.

Each phase is essential, each has its own special psychological requirements, and each, as you probably well know, calls for “getting yourself to do it.” This collection of 99 essential weight loss blogposts is designed to make the process of “getting yourself to do it” something that is accessible to all.

Happy reading!

BLOGPOSTS

START.....Number 1-36

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START

1

To make your weight loss plan work

The very first thing you have to do to make your weight loss plan work, of course, is to start. This might sound pretty simple-minded to you. Everyone knows that to lose weight you have to start, right? But starting a weight loss routine, while you might know that you have to do it, can be awfully hard to do. Your intention isn't something you always follow. Starting the weight loss process is not only hard to get yourself to do, it is also hard to get it right. It is not uncommon when you do it and get it right, to hear yourself think, "this is a good start," with a congratulatory tone to your thought.

What goes into a good start in order to honor your intention to lose weight? How many starting features can you think of? Here are a few. There is being committed, which

is always a good way to start. Then there is your motivation. Knowing you are motivated gives you confidence. That's right, you need confidence. Motivation, though, does more than inspire confidence; it is what powers your behavior. Then there is skill. You will need skill in selecting the best weight loss plan, one you can imagine yourself starting and sticking with. There is also skill involved in breaking any old pattern of eating that may threaten your start.

Of course, you will have to address emotional issues that can keep you from starting like how you'll deal with feeling deprived or feeling scared or feeling worried. There are plenty of emotional issues that can pop up at the starting stage. If they're going to pop up, let them. It's better to know them beforehand than to have them work behind the scenes to derail your start.

It's always important to ask yourself if you have enough of what it takes to start. Or do you have some more work to do on your commitment, your motivation, your skill, and your emotions? As you can see there is a lot more to starting than meets the eye. Just going ahead and starting may not be the best idea, unless you're really ready to do so.

2

Anticipate and prepare for problems

Before you begin a weight loss routine do you anticipate the difficulties that will occur? If you do anticipate what problems you could have, do you also prepare in any way to be able to cope well with these problems. Anticipating and preparing yourself will help you solve weight loss difficulties before these difficulties are upon you. Tackling weight loss issues early on may even enable you to take them out of the picture entirely? Wouldn't this make for a great start?

Here are some ideas about how you can prepare for what will make it difficult for you to lose weight. First off, you can make sure you have the support of family and friends. Let your family and friends know you are about ready to start a weight loss routine. You might even let

them know some of the weight loss challenges you are anticipating and preparing for so they know what you'll be up against and can help out if possible. To take a step further where support is concerned, you may want to have a weight loss buddy, someone who starts the weight loss process right along with you. It's best if the buddy you pick really does try to lose weight at the same time as you.

You could also make a list of what potential obstacles to successful weight loss there will be for you. Get these potential obstacles out of the shadows and into the light so they do not secretly deter you from starting. There are a lot of standard obstacles. Being too busy, not putting yourself and your weight loss first, and having to make certain foods for the family and not eat them yourself are some of the standard ones. Try, though, to think of and list those obstacles that are not the most common, the obstacles that are more personal and might foul you up even more so than the old standards. Once you make such a list of standard and personal potential obstacles, rank the obstacles in order of how difficult each would be for you. Next, start making some plans for how to address these obstacles, beginning perhaps with an obstacle that is easier for you to work on first.

A traditional big obstacle that makes it tough to lose weight is being tempted. Especially have a plan all ready to help you manage being tempted, for you are sure to be tempted. When faced with temptation, it helps to know what you are going to do before the temptation is upon you. Don't wait until the moment of temptation comes. If you wait un-

til you are in such a situation, it may be too late to pull the fat out of the fire. It may sound silly to work so hard on an issue like temptation before you start. But knowing you are ready for what can befall you can make starting the journey less daunting.

Another way to prepare is to anticipate some of the weight loss techniques you will be using and see how you will go about using them. For example, you could be looking ahead to identify the difficulties that could crop up when you go to monitor your weight. Monitoring can be a source of serious discouragement. If you monitored for pounds lost and you lose too few pounds or don't lose any pounds, you can become pretty unhappy. So perhaps as part of your preparation for starting a weight loss routine, you plan not to just monitor for pounds lost or not lost. Realize that monitoring for pounds lost can definitely be self-defeating if you are at a weight plateau or when you haven't lost as much weight this week as you did the last two weeks.

Now is the time, before you start, to develop alternative ways of gauging your progress. There is a lot else you can do to monitor besides assessing pounds. You can keep track of the number of slips you make, see how well you are keeping up your motivation, and count how many less times you get discouraged. You can also monitor how well you are learning to set more realistic weight loss goals, including dietary and "getting yourself to do it" goals.

If you are an emotional eater and there are certain emotions or relationship issues that will send you to food, another

good starting point is to foresee these situations and circumstances and practice dealing with them in ways that don't involve food. Setting out some new guidelines for yourself when it comes to coping better with your emotions is always a good way to eliminate yet another barrier to the process of starting your weight loss regimen.

Anticipating the problems you will face and getting ready for them is not only a way to ensure you will start, but it also will produce a first-rate start.

3

All-in right away

When you start dieting or start some type of weight loss routine, do you jump in with both feet and in high gear? Or do you stick your big toe in the water first and ease your way in?

You might be surprised to learn that going at dieting or a weight loss routine with everything you have will set the stage for you to keep going with a similar high level of activity and achievement. The psychological principle behind such an all-in right away approach is that you adapt to this high level and will try to maintain it.

Why don't you give it a try and see if it works this way for you? Remember, though, to go all-in right away means you have to be well prepared beforehand. This calls for a start that is thought out and worked out to some extent and

not one that is simply impulsively executed. Being in high gear and jumping in with both feet doesn't have to be a care-less matter.

4

Want to start dieting but don't

Has the following been true for you at one time or another? You couldn't start your diet. Try as hard as you may, there was no way you could start. Something was preventing you from making good on your promise to get going. You might then have changed your diet choice thinking that the diet you selected was preventing you from starting full steam ahead. You probably also checked your diet motivation to see if lack of motivation or low motivation was the cause. What else did you check?

Did you look into the possibility of emotional inertia? Probably not. What's emotional inertia anyway, you might ask? Emotional inertia is where your emotional state keeps to the same course as it always has and it resists change. An example of such a pattern is when you treat yourself to a large

snack day after day despite the fact you want desperately to start your diet. The emotions involved in overly generous repeated daily snacking assume a life of their own. Another example of emotional inertia might be putting off your diet start until after your weekend eat-a-thon. Monday comes and you miss the deadline because your weekend eating is too wonderful to give up. If you do this Monday after Monday after Monday, guess what? Emotional inertia.

Emotional inertia: keeping your emotional state on the same old course. Good for feeling safe and sound and on familiar ground; bad for starting a diet.

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STICK TO IT

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Don't ask which weight loss diet works best

Oh, go ahead and ask if you must. “Which diet works best?” None. No diet works best. Are you surprised? What did you think—low carbs or low fat? Or perhaps you thought Mediterranean, Weight Watchers, Ornish, DASH, or Jenny Craig? Do you have another favorite you think works the best?

Here’s the punch line. The single most important factor when it comes to dieting to lose weight is not your diet. It’s getting yourself to stick to it. The “it”, of course, is the diet. Interestingly, research shows that all diets work “best” if you can get yourself to stick to them.

So, you really should change your question from “which diet works best” to “which method works best to enable you to stick to it.” The answer is there are actually lots of “best” ways you can use to get yourself to stick to a diet. Take a look at the rest of these stick-to-it blogs and see.

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*What one action determines successful weight loss
more than anything else*

Once again, if you said, “stick to it”, then you are absolutely one hundred percent right. Stick to it—the dieting plan, the weight loss regimen, eating less, whatever is your way to lose weight—is the sine qua non of weight loss.

Stick to it is the psychological side of weight loss. It is “getting yourself to do it”—stay on your weight loss routine. Stick to it means you have to make important personal changes to get yourself from your old habits to those new habits that are conducive to keeping you on a weight loss regimen.

Stick to it involves finding ways to solve problems that crop up and block you from your goal of keeping up your weight loss routine. For example, becoming moody may be

one of the problems that prevent you from staying on your weight loss routine. When you are moody, your desire to fill yourself with comfort food becomes a reason for you to veer way off your weight loss course. If this is the case, you'll have to solve your moodiness, at least to the point where you break the connection between moodiness and failing to stay the course.

When it comes to sticking to a diet or to a weight loss regimen, everyone says it takes willpower, as if your willpower is the only part of your makeup that matters. Don't be surprised if you run into lots of problems by sticking with willpower. Willpower is one thing for losing weight that you don't want to stick to. Your willpower is pretty fickle. Sometimes it's there and sometimes it's not. When you exert it too much, you run out of it. So please don't count on willpower.

There are lots more effective ways than willpower that will enable you to stay on your weight loss course. Here are some of them. They involve you and your psychology, and they are what you need in order to stick to it.

Your mindset for a diet cheat

Specific planning

Lots of successes

Lots of small goals

Learning goals

Problem solving

Planned cheats

Motivational refreshment

Support

Priming

Practice

Goal setting

Mistake training

Monitoring awareness

Realistic optimism

Relapse prevention

Establishing competence

Believing you can change

Dealing with regret

Mental toughness

How many of these items do you have at the ready?

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Do you have personal balance

When is it okay to give in and have the piece of cake? In other words, when would it do you good to honor your desire for cake instead of continuing to honor your long-term goal of sticking to a weight loss diet?

We typically think of the ability to delay gratification as the kind of self-control that is necessary to lose unwanted weight. There are times, however, when your commitment to future goals like successful weight loss has to be more flexible. Eating the piece of cake under certain circumstances may be the best thing to do.

So don't make a punishing experience out of denying yourself a piece of cake. If you choose staying on your diet over eating the piece of cake, you might end up feeling frustrated, angry,

anxious, depressed, or all of the foregoing and more. Out the window then would go feeling good about yourself. Enter unpleasant feelings and thoughts that could very well lead to some negative consequences, like thinking of your diet as depriving and unfair. This is the kind of thinking that can get you to unstick yourself from your diet.

When you are trying to diet, it is always a judgment call if you should have the piece of cake you so desire. Hopefully as you stick to it more and more, the diet that is, you are also becoming a good judge of what you need to keep up a satisfying personal balance: cake sometimes but not at all times.

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Sustaining your effort

One of the toughest requirements for taking weight off is sustaining your weight loss effort. Doing what it takes to lose weight calls for you to keep meeting various weight loss challenges. Keep up your effort despite it all. For example, you might have to keep to your weight loss routine undeterred by the fact that you have too many irons in the fire for the next couple of weeks. Or you just got some terrible news that disturbs you no end. How, you say to yourself, are you going to keep to your weight loss plan? The challenges you will face will be trying for you and they will threaten to subvert your best weight loss efforts.

Psychological research can rescue you from such dangers. The research shows that how you think about sustaining your effort makes a big difference in whether or not you

actually do sustain your effort. Here's how it works. If you think that by making a big, continuous effort you will deplete your supply of motivation and energy, you are likely to make this prophecy come true. You've had it, you say to yourself. There is no gas left in the tank. I cannot go a moment longer on this weight loss routine. And so you don't. It doesn't matter whether it is really true that you are depleted. If you perceive yourself to be without the needed stamina to go on, you don't go on.

Conversely, if you perceive yourself as having a lot left, even though you might be more depleted than you think, guess what? You will stick to a diet and to your weight loss routine like glue. You will rise to the occasion. You will do what you need to. Indeed, just thinking that maintaining a substantial effort will be energizing rather than depleting will put you in the position of being better able not to feel depleted.

Perception rather than truth in the case of the effort needed to stick to it can turn out to be everything.

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What makes you go off your weight loss routine

It bears repeating yet once again, and all the research makes it crystal clear. For successful weight loss the single most important factor is stick to it. Staying on your weight loss plan—any weight loss plan—is what makes the difference between weight loss success and weight loss failure. Having said this, if you want to stay on your weight loss routine, you will have to be able to cope with all the difficult situations and circumstances that might throw you off. You know for sure when you are sticking to a weight loss routine there are lots of opportunities for letting your routine slip away.

Here is one example. Let's say that today at lunch a woman did just fine despite the fact that she ate out with a couple of co-workers. But last week at lunch with these same co-workers she couldn't stay on her weight loss diet.

Of course, she felt terrible about herself last week and today she feels on top of her game. What's with this up one day and down the next sort of thing? Can the woman expect her dieting to be like this? Is she good at sticking to her diet or isn't she?

What if you take a closer look at both the lunches this woman had with her co-workers? The two lunches seem very much the same, both were with co-workers and both involved getting out of the office for an hour midday. But there has to be something that accounts for the different outcomes. Stay on her diet one lunch. Go off her diet on another lunch. If you were this woman, you might under such circumstances, especially if the circumstances are repeated, feel like you're inconsistent in your ability to stay on your diet. If you look closely, though, you will probably see that it wasn't her ability, generally speaking, that was inconsistent. What changed was the situation and her ability fluctuated with the situation. Check this out and see for yourself.

Now for a closer look—the backstory. On the day this woman couldn't stay on her diet last week it was a day when she had an argument with her husband before she left for work. It was a pretty bad argument and the effects stayed with the woman throughout the morning at work, disrupting her usual smooth flow. Lunch that day then was something she used to soak up her distress, which no one else could see, but she could feel. One week later, lunch with her two co-workers was a very different situation. The woman and her husband had made up. All was right with the world, and this woman could easily stay on her diet then.

Please, please keep in mind that keeping on your weight loss regimen is often not due to your general ability or inability. Sticking to a diet can, like in this example, be situation specific. So remember to check out the particulars of the situation before you come down hard on yourself for not having what it takes to steer yourself straight and true along your weight loss course.

When you go off your weight loss routine, there is definitely something that interfered with you keeping to your goal. Remember to first take a hard look at the situation to see what in the situation might have caused you to go off. After looking at the situation, you should look elsewhere as well. Probably look next at the kind of diet interferences that you typically describe as being out of your control. “Life is just too busy.” “I can’t get family support.” “It’s too much to care for the kids and myself too.” Do you cite such obstructions as disrupting your weight loss efforts?

A lot of the time if you take a more discerning look at the things you think are out of your control, you will bring to mind more definitive explanations. Look, for instance, at why you keep getting too busy, what is making the family support issues so upsetting, and why you can’t care for yourself when you are caring for your kids. So not only will you be reviewing situations to see why you couldn’t stick to your diet, but you will also be examining depthless explanations to see what more there is to them than meets the eye.

As you can see, if you want to adhere to your weight loss regimen you have to understand, really understand, the things that interfere with you sticking to it.

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KEEP IT OFF

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Maintaining your weight right where it is

There are two kinds of maintaining your weight right where it is. One is where you lose your unwanted weight and then maintain the weight you lost. The other is maintaining your unwanted weight and not losing any weight. Overeating, eating too many fattening foods, and binge eating are the usual causes for maintaining your weight gain. When you maintain weight gain, using food for non-food purposes has probably become a pretty habitual behavior.

The route to losing weight and keeping it off permanently is to go from one kind of maintaining, where you are maintaining your old habits and excess weight, to the other kind of maintaining, where you are maintaining your weight loss and the new patterns of eating you developed. When

you maintain the weight you lost, it is safe to say you are no longer using food for nonfood purposes, at least not on a regular basis.

It is not possible to jump the divide between one form of maintaining, those old habits of overeating and weight gain, to a new form of maintaining, normal eating and healthy body weight. If a jump like this were possible, it would mean you would be eliminating all of the weight loss work in between. Breaking the old habits, learning new ways, and making these new ways the new habits is the only course you can take. There is no other way.

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*What's involved in maintaining your weight
once you've lost weight*

The secret to permanent weight loss is wrapped up in the concept of maintaining. Maintaining, in this case, is the end phase in weight loss. You are in the maintaining phase when you reach goal weight and then *stay at* your goal weight.

At first, maintaining a weight loss is something you will have to work at pretty hard. The principles for keeping weight off are different from those involved in losing weight. The new patterns of eating learned through losing weight are used in the maintaining phase without the boundaries of the diet or a weight loss plan. This freedom in eating can be quite a challenge.

The goal when you maintain is to make your new eating patterns so firmly established that they happen as

automatically as possible, without you having to think to do them. Getting these new eating patterns to work automatically or habitually makes it so you don't have to feel challenged day in and day out. You won't have to be as watchful of what you eat as you were when you were following a routine to lose weight.

This doesn't mean that you now and then won't have to rise to the occasion, face feeling challenged once again, become watchful to an extent, and work harder at preserving the automaticity of your new eating pattern. A hallmark of the weight loss maintenance phase is that you should be able to say, I can now eat whatever I want and not gain weight. The rationale behind what seems like a very rash claim is you changed your eating pattern so what you want fits right in with good weight management and good weight control.

One thing you can do to ensure the truth of your claim is to eat enough so you feel full. When you are trying to maintain weight loss, eating enough to feel full is pretty important. Keep in mind, though, foods high in satiety value are not as essential to maintain lost weight, as are psychological factors. Successful weight maintenance is associated with flexible control of eating, less uncontrollable eating, and lower psychological distress. So says research reported in the 2012 *Journal of Obesity*.

When you are finally maintaining weight loss, the changed you will be equipped with new behavior to use from moment to moment during the day and at meal times. You will be firmly fitted with the new goals you established for yourself during the weight loss process. For example, instead

of habitually overeating, you will still be eating well but within more reasonable limits like you did when you were on a weight loss regimen. You no longer have to stuff yourself to feel full. The old habit of stuffing yourself is far removed from the new habit of eating smaller amounts, which is a practice you established while losing weight. You should also be able to rely on the new benchmarks you formed for feeling full.

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*To keep it off you have to maintain changes to
your behavior*

The process of losing weight in the stick to it phase is undoubtedly a series of struggles to make and maintain changes to your eating behavior, to other behaviors that affect your eating, to your thinking, feeling, and even your beliefs. In trying to stick to a weight loss plan you do what you can to ensure you won't return to a weight-gaining pattern of eating. You work hard to stay true to your weight loss plan. You do your best to initiate change, like eating less and not turning to food to solve emotional issues. Once you initiate such changes, you try to maintain these changes. So right when you are losing weight in the stick to it phase you are also gaining experience with getting yourself to maintain your behavior changes.

By working on the causes of your weight gaining and weight maintaining behavior early and often, you should be able to deal with these dangers more easily during the keep it off phase.

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Keeping it off should get to be automatic

Repeat something a hundred, a thousand, or many thousand times and what do you get? With so many repetitions, it should become second nature. Think of it. The repetitions alone should be sufficient to wear a path in your psyche big enough and identifiable enough for similar behavior to follow. Repetition alone, however, isn't the primary reason that what you learn becomes second nature. Repeated behavior is always encapsulated in a framework of goals, motivating experiences, expectations, reinforcements, and rewards. This highly supportive psychological infrastructure has considerably more influence over whether your behavior becomes second nature than does simple repetitiveness. The operation of this heavy-duty psychological framework is largely silent, working behind the scenes and outside of your awareness most of the time.

When you reach your goal weight, you want to be able to stay there. You can bank on a lasting effect from the many repetitions and from the entire framework supporting these repetitions. Remember, you put together this behind-the-scenes framework. You got to the keep it off phase by setting your goals, traveling to them sub-goal after sub-goal, keeping up your goal-related behavior through success and failure. Because of all you put into getting here, once you reach your goal, it's as if your goal rewards you by staying with you.

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Advice about keeping it off

Advice: Start early in the weight loss process to work on getting yourself to keep it off—lost weight, that is. In fact, if you can, begin to think about weight loss maintenance before you even undertake any weight loss steps at all. Although this might seem counterintuitive, it really isn't. Giving lots of thought to how you will maintain your weight once you lose it enables you to do things before you start and while losing weight that fit in with and facilitate weight control later on.

Thinking about what lies ahead when you are just beginning is like fortifying yourself with a set of directions for how to get there. Instead of plunging right in to take the beginning steps, look ahead to the last step to see what the final product will look like. In this way, you will have a representa-

tion of the finished product to organize the assembly of these earlier parts. You can anticipate what you need to develop at the start and through the stick to it phase of weight loss to be right where you need to be during the keep it off phase.

There are opportunities to practice weight maintenance during both the start and stick to it phases. For instance, instead of starting a diet by having one last fling before you begin, you could start by maintaining your weight right where it is and not gain another pound. In the stick to it phase every diet cheat is an occasion for going right back on after you go off. Eating off your routine is something you'll encounter more of during the weight loss maintenance phase and you'll have to know how to deal with it. Practicing going right back on in the stick to it phase will give you a head start.

Remember to start early in the weight loss process to think about and work on weight loss maintenance. This will make for a grand finale.

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